

2011 Military Health System Conference  
*The Quadruple Aim: Working Together, Achieving Success*

## Recap & Closing Comments

Thank you for attending the  
Building (and Re-building)  
Psychological Health Session



**Champions:** BG Rhonda Cornum, BG Peggy Wilmoth, and  
**Mr. Larry Sipos**  
Action Officers: Col Nancy Dezell and Lt Col Hans Ritschard

# Military Health System Conference



January 24 - 27, 2011

Gaylord National Resort & Convention Center  
National Harbor, MD

***Thank you for joining us today!***

Monday  
24 Jan

Tuesday  
25 Jan

Wednesday  
y  
26 Jan

• **Building Psychological Health: The Services' Perspectives on Resilience**

• **Palm Trees in the Storm: Building Resilience - Leadership Success (OSCAR)**

• **Understanding Well-being: Lessons for Leadership**

• **Keeping Tabs - DoD's Response to Psychological Risks: Lessons Learned from Health Assessments**

• **Putting it All Together: The DoD/VA Integrated Mental Health Strategy**

• **Coming Soon to an MTF Near You - Psychological Health: DoD's Response When Psychological Health is Failing: Lessons Learned from Suicide Experiences**

• **Successful Treatments: Complementary and Alternative Therapies for PTSD**

• **A Systems View of MHS Mental Health Services**

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- **Building Psychological Health: The Services' Perspectives on Resilience**
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- **Understanding Well-being: Lessons for Leadership**

## **TODAY'S TAKE AWAYS:**

- **Building Psychological Health** - Army, Navy, & Air Force perspectives on building and supporting resilience: learning from each other, supporting each other.
- **Building Resilience / Leadership Success** - Senior 'LINE' leader insight on resilience assessment and support in an Operational Environment. U.S. Marine Corps success with their imbedded Operational Stress Control and Readiness Program (OSCAR)
- **The Science of Well-being . . .It's not quite what you think!** Explore the definition and multiple factors influencing well-being and how best to support it through your personal leadership

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Join Us Tomorrow Afternoon for:

- **Keeping Tabs - DoD's Response to Psychological Risks: Lessons Learned from Health Assessments**
- **Putting it All Together: The DoD/VA Integrated Mental Health Strategy**
- **Coming Soon to an MTF Near You: Psychological Health Policy Initiatives**
- **Keeping Tabs - Mental Health Assessments** - Lessons learned from health assessment data collected to date; how to best address family readiness; how the new DoD mental health assessments will be incorporated into the deployment health assessment program; The Way Ahead!
- **Integrated Mental Health Strategy** - DoD and VA collaboration on 28 strategic actions in four strategic areas, and what it means to you
- **How New DoD Psychological Health Policy Initiatives Will Affect You** - Disaster Response Mental Health Teams: A new requirement at DoD installations; DoD, Service, and installation-level directors of psychological health policy.

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- **DoD's Response When Psychological Health is Failing: Lessons Learned from Suicide Experiences**
- **Successful Treatments: Complementary and Alternative Therapies for PTSD**
- **A Systems View of MHS Mental Health Services**

## Join Us Wednesday Afternoon for:

- **Lessons Learned from Suicide Experiences:** Overviews of recent reports from the Defense Health Board and the Department of the Army, as well as a survivor's and clinician's perspective on how suicide prevention efforts can be enhanced within DoD.
- **Successful Treatments:** Overview of current evidence-based treatments for mental health conditions; review of approved complementary and alternative medicine approaches to treating PTSD and depression.
- *The mental health of service members and their families significantly impact force readiness and individual well-being and functionality; the MHS has made significant investments in improving the efficiency and effectiveness in the research associated with, and the provision of, mental health services.*

- **A System's View:** This holistic approach research addresses the challenges



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## Strategic Alignment with the Quadruple Aim

### **Readiness**

Ensure the total military force is medically (and psychologically) ready to deploy, and the medical force is ready to deliver health care anytime, anywhere in support of the full range of military operations, including humanitarian missions



### **Experience of Care**

Provide seamless and integrated patient- and family-centered care that is convenient, compassionate, equitable, safe, and always of the highest quality.

### **Population Health**

Reduce the generators of ill health by encouraging healthy behaviors and decreasing the likelihood of illness through focused prevention and increased resilience.

### **Per Capita Cost**

Create value by focusing on quality, eliminating waste, and reducing unwarranted variation; Reward outcomes, not outputs by considering the total cost of care over time, rather than individual health care activities.

***Quadruple Aim Impacts EVERYTHING We Do!***

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**LISTEN...LEARN...and SHARE**

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